

ADULT

PROGRAMS & CLASSES

It's never too late to get active and learn something new. Adult classes are geared to enhancing your life by developing your interests.



Art

Beginners Oil & Acrylic Painting

Students will start with the basics: color wheel, value, composition and design. First paintings are a learning exercise. Enter the painting world! Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	Tu	1:00 pm-3:00 pm	Jan 6-Feb 10	\$75	ages 16+
Flah Park	Tu	1:00 pm-3:00 pm	Feb 24-Mar 31	\$75	ages 16+

Intermediate Oil & Acrylic Painting

Students will learn new techniques and choose their subject matter. Materials not included. Must have completed Beginners Oil & Acrylic Painting. **INSTRUCTOR:** Mary Benejam

Flah Park	W	10:00 am-12:30 pm	Jan 7-Feb 11	\$75	ages 16+
Flah Park	W	10:00 am-12:30 pm	Feb 25-Apr 1	\$75	ages 16+

Advanced Oil Painting

This course is designed for advanced oil painting students. Will work on specific techniques and styles. Student must have completed Beginners and Intermediate Painting. Let's paint a masterpiece! Materials not included.

INSTRUCTOR: Mary Benejam

Flah Park	Tu	10:00 am-12:30 pm	Jan 6-Feb 10	\$75	ages 16+
Flah Park	Tu	10:00 am-12:30 pm	Feb 24-Mar 31	\$75	ages 16+

Adult Drawing

Students will learn value, shape, form, perspective and proportions. These skills will help in any art direction. Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00 pm-3:00 pm	Jan 7-Feb 11	\$75	ages 16+
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Watercolor

Students will learn washes, glazes, color mixing, and composition. Materials not included. **INSTRUCTOR:** Mary Benejam

Flah Park	W	1:00 pm-3:00 pm	Feb 25-Apr 1	\$75	ages 16+
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Explore Zentangle

Come as a family or on your own to explore the new art of Zentangle! Participants will learn how to get started with Zentangle, from dividing up your space to how to pick your tangles. This class includes the history and purpose of Zentangle. Participants will learn a total of eight tangles (patterns) and complete two tiles. **INSTRUCTOR:** Cathy Dills

Ren Ctr AA	Sa	10:00 am-12:00 pm	Feb 7	\$45*	ages 15-adult
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**Plus \$20 materials fee. Pens will be yours to keep.*





Fitness

Gentle Yoga

This class will emphasize the healing benefit of yoga with slower movements and connection to breath. The practice will be especially beneficial for those who are recovering from injury or illness, or if you simply want a deep gentle yoga experience. All levels are welcome. Please bring a mat and wear comfortable clothing. **INSTRUCTOR:** Sunny Davis

WFCH	W	10:00 am-11:30 am	Jan 7-Feb 11	\$60*	ages 18+
WFCH	W	10:00 am-11:30 am	Feb 25-Apr 1	\$60*	ages 18+

**Optional \$12 drop-in fee is accepted*

Core Strengthening with Pilates

Pilates is a safe, gentle form of exercise which strengthens the body from the inside out. Having a strong core helps improve our backs plus our ability to perform everyday activities with ease and helps prevent injuries. All levels are welcome. Please bring a mat and wear comfortable clothing. **INSTRUCTOR:** Sunny Davis

Flah Park	M	10:00 am-11:15 am	Jan 5-Feb 16*	\$60*	ages 18+
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**No class Jan 19; optional \$12 drop-in fee is accepted*

Fitfluene Boot Camp

Keep that New Year's resolution! Fitfluene Boot Camp is a 4-week session designed to help build strength, endurance and promote weight loss through calorie torching, high intensity interval based workouts. Our class will create a motivating and encouraging atmosphere which will make working out **fun** and make you look forward to each class. No two workouts will be the same. Bring yoga mat and water. **INSTRUCTOR:** Carole Langheim

WFCH	M/W/F	6:15 am-7:00 am	Jan 5-Jan 30	\$120*	ages 18+
WFCH	Tu/Th	10:00 am-10:45 am	Jan 6-Jan 29	\$80*	ages 18+
WFCH	M/W/F	6:15 am-7:00 am	Feb 2-Feb 27	\$120*	ages 18+
WFCH	Tu/Th	10:00 am-10:45 am	Feb 3-Feb 26	\$80*	ages 18+

**Optional \$12 drop-in fee is accepted once minimum is met*

Textile Arts

Beginning Crochet (Amigurumi)

Participants will begin with making an owl pencil cup and make the owl amigurumi. This class is appropriate for those with little or no crochet experience. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	4:30 pm-6:00 pm	Jan 20-Feb 17	\$65	ages 11-adult
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Beginning Knitting

This class is appropriate for those with little or no knitting experience. Participants learn knitting basics and will make "My Striped and Slouchy Hat" by Christi Wasson and a coordinating pair of boot cuffs. A supply list will be sent upon registration. **INSTRUCTOR:** Amy Yinger

Ren Ctr AA	Tu	6:30 pm-8:00 pm	Jan 20-Feb 17	\$60*	ages 11-adult
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**Materials not included*

Creative Writing

What's YOUR Story

Ever wanted to write your own novel? Do you have great ideas and not a clue how to get them down on paper? This class will help you transform your exciting ideas into the first few pages of a novel. Learn how to create characters that will hook readers and help shape your story. **INSTRUCTOR:** Tanya Yvonne

Ren Ctr AA	Sa	10:00 am-11:30 am	Jan 24-Feb 7	\$45	ages 15+
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Martial Arts

Beginner Taekwondo

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class held the first Thursday of every month. Please register the first Tuesday of every month with the instructor. **INSTRUCTOR:** Kevin Ray

WFCH	T/Th	6:15 pm-7:00 pm	ongoing	\$40 / mo.	ages 18+
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Advanced Taekwondo

Learn martial arts skills, develop self-esteem, confidence and respect for others. No class held the first Thursday of every month. Please register the first Tuesday of every month with the instructor. **INSTRUCTOR:** Kevin Ray

WFCH	T/Th	7:00 pm-8:00 pm	ongoing	\$40 / mo.	ages 18+
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Dog Training

Introduction to Tracking

This is a course designed for dogs that like to follow their nose. Tracking demonstrates the dogs ability to recognize and follow a scent, a skill useful is the service of mankind. This course will focus on an introduction to AKC Tracking. **REQUIREMENTS:** one dog, tracking harness, a 30-40 ft lead, dog treats, dog toys, 2 strat flags, 5 turn flags and markers. **PRE-REQUISITE:** Dog must have passed a Canine Good Citizen Test. Dogs must have rabies vaccinations, DHHP vaccinations or titers. **INSTRUCTOR:** Marlene and Tom Anton

Joyner Pk	Th	10:00 am-11:00 am	Jan 8-Feb 12	\$120	ages 18+
Joyner Pk	Sa	10:00 am-11:00 am	Jan 10-Feb 14	\$120	ages 18+

Advanced Tracking

This is a course designed for dogs that like to follow their nose. Tracking demonstrates the dogs ability to recognize and follow a scent, a skill useful is the service of mankind. This course will focus on advanced tracking techniques. **REQUIREMENTS:** one dog, tracking harness, a 30-40 ft lead, dog treats, dog toys, 2 strat flags, 5 turn flags and markers. **PRE-REQUISITE:** Dog must have passed a Canine Good Citizen Test. Dogs must have rabies vaccinations, DHHP vaccinations or titers. **INSTRUCTOR:** Marlene and Tom Anton

Joyner Pk	Th	9:00 am-10:00 am	Jan 8-Feb 12	\$120	ages 18+
Joyner Pk	Sa	9:00 am-10:00 am	Jan 10-Feb 14	\$120	ages 18+